

## WHAT IS CLAIMED IS:

1. A method for distributing content over a communications network, comprising:
  - generating a list of accessible content available at a server, the content having been provided by a first party;
  - providing the list to a device associated with the first party;
  - receiving, at the device, a selection of accessible content from the list;
  - transmitting the selection to the server;
  - retrieving the selected content from storage associated with the server; and
  - electronically transmitting the retrieved content to a designated device.
2. The method according to claim 1, further comprising receiving a request for content distribution from the device, prior to generating the list.
3. The method according to claim 1, further comprising authenticating the device, prior to generating the list.
4. The method according to claim 3, further comprising receiving login information at the device, and transmitting the login information to the server, wherein authenticating the device comprises authenticating the login information.
5. The method according to claim 1, further comprising receiving a phone number, fax number, or address for the designated device, prior to electronically transmitting the content.
6. The method according to claim 5, wherein electronically transmitting the content to the designated device comprises electronically transmitting the content to the received phone number or address.
7. The method according to claim 1, wherein the device comprises a browser, further comprising receiving and displaying the list on the browser of the device.

8. The method according to claim 1, wherein electronically transmitting comprises faxing.
9. The method according to claim 1, wherein electronically transmitting comprises instant messaging.
10. The method according to claim 1, wherein electronically transmitting comprises fax over IP.
11. The method according to claim 1, wherein electronically transmitting comprises sending the retrieved content to a fax service provider, the fax service provider electronically sending the retrieved content to the designated device.
12. The method according to claim 1, further comprising providing the device so that it is publicly accessible.
13. A method for initiating the electronic distribution of content over a communications network, comprising:
  - providing login information to a device;
  - transmitting the login information to a server;
  - authenticating the login information at the server;
  - generating a list of accessible content available at the server, the content having been provided by a first party associated with the device;
  - providing the list to the device;
  - receiving, at the device, a selection of accessible content from the list;
  - transmitting the selection to the server; and
  - retrieving the selected content from storage associated with the server.
14. The method according to claim 13, further comprising receiving a request for content distribution from the device, prior to generating the list.

15. The method according to claim 13, further comprising receiving a destination phone number, fax number, or address at the server.
16. The method according to claim 13, wherein the device comprises a browser, further comprising receiving and displaying the list on the browser of the device.
17. The method according to claim 13, further comprising providing the device so that it is publicly accessible.
18. A system for distributing content to a designated device, comprising:
  - a device that can receive and provide a listing of content;
  - a server with an associated storage device, the storage device maintaining content that had been previously provided by a first party associated with the device to the storage, the server generating the listing of content to the device, providing the listing to the device, receiving a selection of content from the device, retrieving the selected content, and electronically transmitting the selected content to the designated device; and
  - a communications network between the device and the server.
19. The system according to claim 18, wherein the device sends a request for content distribution to the server to activate the server generating the listing of content.
20. The system according to claim 18, further comprising an authentication system for authenticating the device.
21. The system according to claim 18, wherein the device is adapted to receive login information and provide the login information to the server for authentication.
22. The system according to claim 18, wherein the server transmits the content to a phone number, fax number, or address associated with the designated device.

23. The system according to claim 18, wherein the device comprises a browser that displays the listing.
24. The system according to claim 18, further comprising a fax service provider for electronically transmitting the selected content to the designated device.
25. The system according to claim 18, wherein the device is publicly accessible.
26. The system according to claim 18, wherein the communications network is the internet.
27. The system according to claim 18, wherein the communications network is a LAN or WAN.
28. The system according to claim 18, wherein the content comprises at least one of documents, pictures, and data.